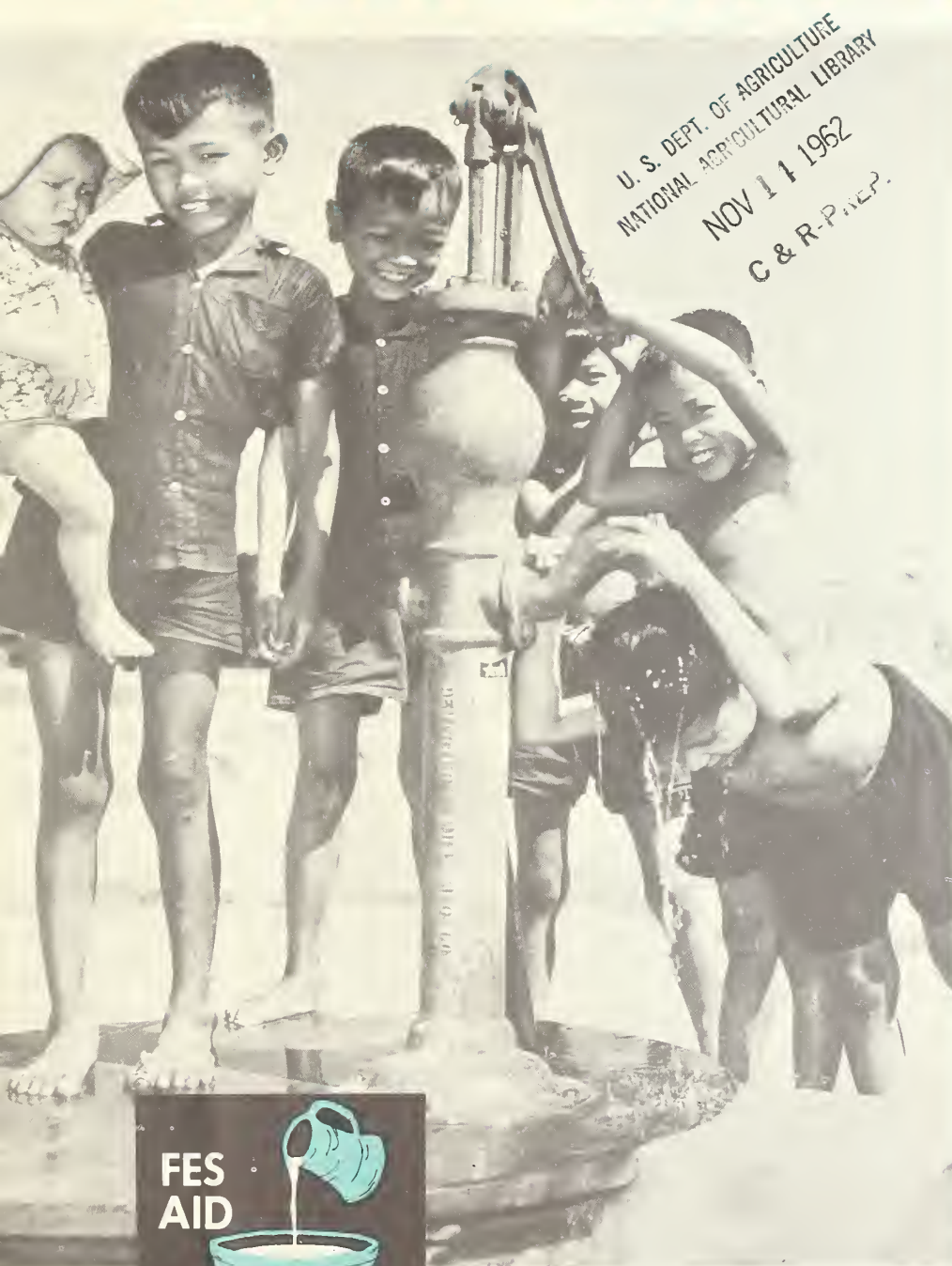


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DRINK SAFE WATER



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AN AID
TO EXTENSION
AND VILLAGE
WORKERS
IN MANY
COUNTRIES

FES
AID



SANITATION SERIES
NUMBER 1

Federal Extension Service, United States Department of Agriculture, in cooperation
with the Agency for International Development, U. S. Department of State

This is for
YOU
The Home Economics Extension Worker
or
Village Worker

The material is presented in a manner which you can use with individuals or groups. In these pages you'll find many ideas to help you teach rural families how to have safe drinking water.

Information in this booklet is based on experiences of extension workers like yourself and health workers in many countries.

BY KATHRYNE SHEEHAN HUGHES

Appreciation is expressed for assistance from: health, sanitation, home economics and information personnel of the Agency for International Development; specialists in the Federal Extension Service, and staff members of other agencies.

Most photographs are from Agency for International Development.

Cover Picture.--Vietnamese children enjoy safe water facilities.

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DRINK SAFE WATER

Everyone needs to drink water.

Safe drinking water is important to health.

But in many parts of the world a safe water supply is not available. Rural families get water from--

- wells
- irrigation ditches
- rivers and streams
- rain water collected in containers

Even water that looks clear and clean may carry disease.



Villagers in Iran happily fill containers from a new, safe, deep-well.

DANGEROUS DISEASES

Unclean water may cause diseases such as:

- typhoid fever
- dysentery
- cholera
- infectious hepatitis

It may carry the dangerous guinea worm.

Diarrhea, which is a symptom of dysentery, is often caused from drinking unsafe water.

Water that is not protected from human excreta carries disease and is not safe to drink.

Water from an open well, irrigation ditch, river, or stream is not likely to be safe.

When you drink unsafe water, you endanger your health and your life.



Water from this open well is not safe.



Water from this river is not safe.

A new safe well with cement platform replaces the old unsafe well.



A SAFE WATER SUPPLY

Water is more likely to be safe when it comes from a city water supply or a sanitary well.

Your local health officials usually can tell you how to make a well sanitary.

For a well to be sanitary, it must be on high ground so nothing can drain into it.

It should be 35 meters from the latrine and have a tight fitting cover to protect it from human excreta and other waste material.

If you have to use water from an open well, river, irrigation ditch or stream, always boil it.

BOIL WATER 10 MINUTES

This is the best way to make water safe.

Boiling kills disease germs.

Boil the water at least 10 minutes in a clean container.

Let water cool in a clean container.

Cover the container with a clean cloth while water cools.

Then pour water slowly into another clean container.

This may be an earthen jar, tin can, or pitcher.

Pour it back and forth from one container to another. This will add air to the water and improve its taste.

Let it stand for several hours.

Use boiled water to:

- drink
- wash fruits and vegetables to be eaten raw
- mix with powdered milk
- make ice
- brush teeth

When you make tea and coffee, boil unsafe water vigorously for 10 minutes to kill disease germs.

HOW TO CLEAN CLOUDY WATER

Filtering or straining will not remove disease germs, but it will make the water cleaner looking.

To make cloudy water look cleaner, you can strain it through a clean cloth.

Put the cloth over the top of a clean container and pour the water through it.

The cloth should be clean each time you strain the water.

You may need to strain the water several times.

After you strain the water, boil it for 10 minutes to make it safe.

Now the water is ready to drink. You will want to cool it.

Remember--



1. Filter



2. Boil



3. Cool

HOW TO STORE WATER

Store clean safe water in a clean covered container.

Wash the container in which water is to be stored. Wash it with hot soapy water.

Rinse the container thoroughly with safe water.

When weather allows, dry the container in the sun and fresh air.

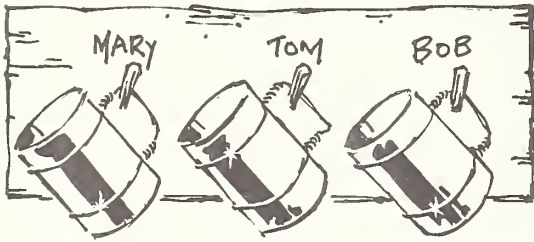
Water may be stored in clean pottery or glass jars, tin cans, or bottles.

Keep water covered so flies and other insects, animals, rodents, and dirt cannot get into it.

It is not hard to solder a faucet to a large can if you have the tools. You will then have a spigot from which to run water instead of using a dipper. A dipper can carry germs into water.

Store large containers of water out of reach of small children. They could make it unsafe.

CONTAINERS FOR DRINKING WATER



Each member of the family should have his own drinking cup.

These should be kept clean and always covered when not in use.

You can make covers of closely woven cloth to keep out insects and dust.

If you have a closed cupboard, this would be fine to store them.

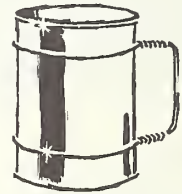
You can make cups of tin cans, gourds, or coconuts, if cups are not available.

If you use a tin can for a drinking cup, be careful of sharp edges. When the cup rusts, throw it away.

HOW TO MAKE A CUP

You need:

1. One tin can.
2. Heavy wire.



Construction:

1. Wrap one end of wire around top of can.
2. Wrap other end of wire around bottom end of can.
3. Leave enough wire between the top and bottom of the can to serve as a handle.



VILLAGERS CAN HELP MAKE WATER SAFE

Villagers working as a group can do many things to help get a safe water supply for their village.

They can have a campaign to clear away all rubbish and waste water in the village.

Several families can cooperate to install safe wells for their own use.

They can build latrines and use them.

Latrines should be located away from the source of water supply.

The health authorities will help you get a safe water supply for your village.

Men in the Philippines working on a safe community well.

DEMONSTRATIONS

Show how to:

1. Filter water if it is cloudy and dirty looking.
2. Boil water to make it safe.
3. Cool boiled water to get air back into it.
4. Clean containers in which water is to be stored.
5. Store water, demonstrating types of containers.
6. Make individual drinking cups from local materials.
7. Put a spigot on a container to make a faucet.
8. Explain what villagers may do to get a safe water supply.

Suggestions to help you give a good demonstration

Prepare yourself carefully. Know more about the subject than you plan to teach.

Outline your demonstration step by step and write down exactly what you will say at each step.

Practice your demonstration until you can do every step without hesitation.

Use only equipment and materials available to village families.

Arrive at your meeting place ahead of the women and arrange all materials for your demonstration neatly and in the order you will use them.

Plan for your audience to be seated so that everyone can see and hear easily.



Demonstration on washing containers for storing drinking water - - Liberia

Use visual aids in your demonstration if they will help to make your presentation clearer.

Ask one of the women to assist you. This helps develop leadership.

Evaluate your own demonstration.

- (1) Did the women learn how to do what you demonstrated?
- (2) What evidence was given that the women plan to carry out this practice in their homes?
- (3) How could this demonstration be improved?

WHEN YOU
DRINK WATER...

IS IT
SAFE?

SAFE WATER
IS ESSENTIAL
TO HEALTH



This well protects the people's health in Korea.

BOOKS TO HELP YOU

- Drinking Water Disinfection--Public Health Service Publication 387, U.S. Department of Health, Education, and Welfare, Washington, D.C.
- Drinking Water--National Media Production Center, Potenciana Intramuros, Manila, Phillipines.
- Safe Drinking Water--U.S. Department of Interior, Bureau of Indian Affairs, Branch of Education, Washington, D.C.

The following were also consulted for this publication:

The Fourth H -- Unit I, Sanitation, by E. L. Blanchard, Extension Service, New Mexico College of Agriculture and Mechanic Arts, State College, New Mexico.

A Junior Health Reader--by E. P. W. Marriott, South Pacific Commission.

Emergency Mass Feeding--Quartermaster School, Fort Lee, Virginia.